W.F. Recreation Center 10th & Indiana Phone: (940) 761.8887



On the web at www.wichitafalltx.gov & on facebook at 50 Plus Zone of WF

Monday through Friday 7:30 a.m. 7:30 p.m.

ATTENTION: ALL MEMBERS MUST SCAN THIER MEMBERSHIP CARD IN AT THE DESK ON EVERY VISIT!!

Issue 207

City of Wichita Falls Parks & Recreation

May 2015

MAY BIRTHDAY PARTY. **BRUNCH & HEALTH TALK** Tues. May 5th 10:30am Zone Ballroom (216)

Speaker: Dr. Katcury **Topic: Osteoporosis**

Menu: Sausage, egg & cheese breakfast casserole, fresh fruit & fruit juice. Casserole & Fruit Sponsored by: IntegraCare **Hospice and Home Health** Cake Provided by:



Friday Night Live Band Dances Every Friday 7-10 pm Cost: only \$6 per person (\$1 discount for Zone members)

May 1st- Rusty Nail Band **May 8th- Lone Star Troubadours May 15th- Southern Rain** May 22nd- Red Door Band May 29th-Smokin' Ace Band

NO Computer Classes May and June Computer Instructor will be on vacation. Classes will resume Tues 7/7/15

O at the Zone Cash Bingo Fridays 2:00 pm



TUESDAY, May 5th & 19th 9:00 - 10:00 am - ROOM 216 Sponsored by: **BEST CARE HOME HEALTH** TUESDAY, May 12th & 26th 9:00 - 10:00 am - ROOM 216 Sponsored by: Senior Care Health

& Rehabilitation Center Fridays at 9 ar Sponsored by: Horizon Bay Hawaii has come to the 50 Plus Zone! Join us for a delicious Luau Feast. Island Music, and Hula Lessons!!!

Reservations Required! Sign up by Monday May 25th at the 50 Plus Zone Staff Desk!!!

Thursday May 28th, August 16th

5:30 PM - ZONE BALLROOM

\$5.00 PER PERSON

MENU: Hawaiian chicken, rice, tossed salad, fruit salad, iced tea & Pina Colada Cake



Fitness Classes

Classes Held in Room 201 "Morning Workout" 9-10 am Mon- Fri.

"Zumba" 10-11 am Mon& Wed. <u>"Walking Workout"</u>
8:30-9 am Mon, Wed, Fri & Tues, Thurs, Fri. 10-10:30 am <u>"Gentle Yoga"</u> 10:30-11am Tues. Wed & Fri. <u> "Evening Zumba Gold"</u> 5:15 pm Tues & Thurs

Room 202 (Poker room) "Drumming for Fitness" 1:30-2:30pm Mon. & Thurs Room 201 "Drumming For Fitness"

5:15-6:15pm Mon & Wed. Room 208A

Chair Exercise Classes Held in room 208B (movie room)

"Chair Yoga" 9 am Mon, Wed, Fri "Chair Pilates" 9 am Tues & Thurs "Stronger Seniors" 10:30 am Mon thru Friday

COMMUNITY CLASSROOM:

Monday, May 18th - 10am 50 + Zone Ballroom 216 **Topic: "Preventing Falls"** Presented by: Specialty Nurses

FREE Bridge Lessons New Session begins Apr. 7th! Tuesdays 1:30 pm Room 212 Scheduled Bridge Times (all held in Room 212) Mon & Wed Noon-4pm Thursday 10am -3pm New Time: Friday 1:30-4:30pm



1:30 pm & <mark>5:15pm</mark>

May 5th

"Kidnapping Mr. Heineken" Rated "R"-95 min.

May 12th

"A Most Violent Year" Rated "R" - 125 min.



May 19th "Spare Parts" Rated PG-13 154 min.

> May 26th "Taken 3"

Rated PG-13-95 min

THURSDAYS 1:30 pm & <mark>5:15 pm</mark>

May 7th "Love Rosie" Rated "R"- 102 min.

May 14th "Still Alice" Rated: PG-13 99 min May 21st "50 to 1" Rated PG-13 110 min

May 28th "The Immigrant" *Rated "R" -120 min.

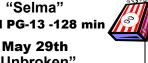


May 1st "Interstellar" Rated PG-13 169 min

May 8th "The Hobbit: The Battle of the Five Armies" Rated PG-13 144 min.

May 15th "Exodus (2014)" Rated PG-13-151 min.

May 22nd "Selma" Rated PG-13 -128 min



"Unbroken" Rated PG-13 -138 min



Come sing with us 3 times a week! Mondays 2:00 - 4:30 pm

Tuesdays 2:45-4:30 pmThursdays 1:30 – 4:00 pm